

# MUSICAL MEDITATION & YOGIC THERAPY CAMP

YOGIRAJ DR. OMPRAKASH JI MAHARAJ

## SCHEDULE & PROGRAM OUTLINE OF YOGA CAMP:

- AUG 15** General Yoga practise, cervical & Lumbar spondolitis, stiff neck, frozen shoulder, back ache, sciatica pain
- AUG 16** Disorders of digestion & abdominal, constipation, acidity, piles, gastric problem
- AUG 17** Obesity, weight loss practise, fitness pro. & skin diseases
- AUG 18** Diabetes mellitus, cardiac (heart) problem, liver and kidney disorder, asthma, nasal allergies, breathing disorder, respiratory disorder, sinusitis
- AUG 19** Joints pain, rheumatoid arthritis, gout, knee pain
- AUG 20** Gynaecological problems (Prolapsed Uterus, Menopause, Sterility, Leucorrhoea)
- AUG 21** Mental and emotional problems, depression, anxiety, hysteria, migraine pain, headache, hypertension, insomnia, epilepsy, fits, parkinson disease, stress management & meditation

**Hindu Mandir**, 50 Kesmark St., Dollard des Ormeaux, QC, H9B 3K4

**MON to FRI: 6:30 p.m. to 8:30 p.m.**

**SAT & SUN: 8:00 a.m. to 10:00 a.m.**

**NOTE:** Entrance is free

Registration is Mandatory | For Registration Contact:

Mr. Ashwini Kumar Gupta - 514-684-6638

Mr. Shanti Soni - 514-748-8512

Mr. Rajesh Arora - 514-428-0304

Mr. Devi Pathak - 514-624-8846

Temple - 514-684-8030



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